



# THE FLYER

Salisbury University's student voice

VOLUME 43, ISSUE 9 | OCTOBER 29, 2013 | FREE

## SU remembers history of Caruthers Hall

BY ALEXANDRA DOUGAN

*Staff Writer*

Salisbury University has been many things throughout the past 88 years; it's been home to an educator's college, a campus elementary school, a state school and finally the University that the community knows today.

Caruthers Hall is one of the most historic buildings on campus, being home to many programs throughout SU's history. With new plans in place for the building, the community says goodbye and remembers its place in the past.

"When the school started in 1925, it was a normal school, which means it was for teaching students to be elementary and middle school teachers. They wanted to use a curriculum from the Teachers College of Columbia University called rural education," said David Ranzan, University Archivist. "Back then, they used to put campus elementary on a college campus."

From the first day that the college opened, there was an elementary school here.

"They were having 61 children from kindergarten, 1st grade up to 5th grade. This lasted for 25 years, Holloway Hall was the only building on campus," said Ranzan.

This is where the college students lived, ate and even had their classes. The school's only purpose at this time was to prepare elementary and grade school teachers for education jobs around the area.

The school was also used as a Campus Elementary School where the teaching students attending college would practice and student teaching would be tested. This school was an alternative to the Wicomico County Public School District and took place in Caruthers Hall.

"Students studying at the college would go in to the normal school on campus and observe," Ranzan said. "They would have two students every semester observing. The teachers would have to make a lesson plan to teach the students."

Many of the elementary school students feel a deep connection to Caruthers and the time they spent there when they were children. Former Caruthers elementary school student Deborah Clark said she went to school there from kindergarten to second grade in the early '60s, and fondly remembers the principal of the school.

"(Principal) Mrs. E. Pauline Riall made an impact on me the most during my years there. She was always at the end of the hall in her crocheted suits watching us," Clark said. "She had a scary side but she was also helpful when you needed it so she was a strong figure to me."

"In 1955, basically, after they built Wicomico Hall for the male students,

See CARUTHERS on Pg 2

*University Archive photos*

Caruthers Hall, soon to be demolished to make space for the Academic Commons, was once an elementary and middle school for student teachers at SU. The photos above show Caruthers as it looks now and how it looked during its time as an education building.

## #WhySBY

Citizens share what they love about the 'bury through new, anonymous initiative

BY SHANNON WILEY

*Staff Writer*

Within the past few weeks, an anonymous group of Salisbury citizens who love and believe in the community have started a forum called "WhySBY," where people of Salisbury can express their love for the area and why they chose to live here.

Commonly the Salisbury area is plagued by news of violence and aggression, drinking, drugs and college kids getting into trouble. With this forum, though, the organization hopes to change this image and bring light to all the great parts of the community and why people chose to call this city their home.

One coordinator, who wanted to remain unnamed, said, "I think a lot of the challenges that Salisbury has had are that there are a lot of places for negative outlooks, anonymously. We require you put your name, (with this program) we want optimism to shine through."

Jenna Deletto, a Salisbury University sophomore said, "Positivity spreads and it can bring people closer together."

The initiative WhySBY is mostly a "digital listening post" based on a website, WhySBY.com, and supplemented by tweets going to the account @WhySBY or tweets with the hashtag #WhySBY.

Anonymous WhySBY member said, "Our community will always have problems, just like any other. But if we don't have faith in this community, we are never ever going to get any better."

SU Junior Andrew Glazier said, "With a program like this, you can change the public opinion on the city and community. If enough people have a positive opinion, maybe there will actually be less violence and negativity. It could lead to a more positive atmosphere."

"We may be able to change a future generation's outlook on Salisbury, which can bring about greater change in the community and possibly help create a new vision for the city," Sophomore Chris Krauss said. "I love the downtown area, it's full of life."

In addition to breeding positivity about the community, the WhySBY team also wants to give people pride in their community, and the confidence to start ventures to improve it.

"I want people to be community driven rather than institutionally driven," said one participant. "Every-

See WHYSBY on Pg 2

## Maryland Comptroller opens office in Sea Gull Square

BY JORDAN PELAVIN

*Staff Writer*

Many students at Salisbury head to the shops under Sea Gull Square for a bite to eat, some coffee or to do some shopping. Now, they can go there to file their taxes.

The comptroller of Maryland is set to open up a new office, located right below Sea Gull Square.

This office is set to be a place where anyone from Caroline, Dorch-

ester, Somerset, Talbot, Wicomico or Worcester counties can come in to file taxes, or ask any questions they have about taxes or Maryland payroll. Though the center is now located on campus, Monica Best James, the senior advisor to the Comptroller says that the decision about the location has little to do with the student body, and more to do with wanting an atmosphere that felt safe and welcoming.

The previous office was held in a

courtroom, and patrons of the office complained about having to interact with prisoners who were there awaiting trial, and about having to go through search points to enter the building.

The new office is located next to a restaurant and across the street from a retail shop. There are no metal detectors, but just according to crime reports, there have been three minor thefts near the Salisbury University campus within the past two weeks.

James praised the attractive space, and said that it feels like the kind of environment where constituents will feel comfortable.

The comptroller's office has been attempting to reach out to universities lately. The state Comptroller, Peter Franchot, recently gave speeches at Bowie State University and other college campuses. He and his office are looking to make college students more knowledgeable about the tax process.

"We're not the IRS, we're trying to be more helpful and more open," said James. "The hope is that by having it close to campus, if students have questions they can stop by and talk to someone. Our goal is to be more open and accessible."

The office is not yet officially open, but construction is almost complete. Just recently, they installed a neon-lighted Maryland flag.

### WHAT'S INSIDE

- Our View ..... PG. 5
- Campus Chic ..... PG. 7
- Food for the Broke ..... PG. 7
- Health for the Athlete ..... PG. 8

### Yogurt Chug

Salisbury University students chugged yogurt to raise money for Zeta's breast cancer awareness fundraiser.

GULL LIFE, PG. 6

**WHYSBY**

Continued from PAGE 1

one has to feel like they have a role, because they do. This is our community."

The organization's plan to bring out people's personal and confident pride and love for their area is exactly why the organization and those involved have chosen to remain nameless.

One said, "It can't be about one person. This project belongs to no one and everyone all at once, it is community owned."

"This can bring the community closer together because people have a shared common interest of loving where they live," Junior Antoinette Mitchell said.

Currently, site participation and twitter activity have noticeably only included Salisbury residents with a major lack of SU student participation. However the organization seeks to change this and to bring the young people of this school more into the Salisbury community.

"I think we all see the potential of this university to be involved in this community," said one member, "[students becoming involved in this program] may give us some clues as to why 8,500 young people chose Salisbury, why they chose to stay here after graduation, or why they don't."

"I chose Salisbury for the lively atmosphere," Glazier said. "I love the people here."

**Zombie Run**

Jordan Pelavin photo

An SU student gets zombified by make-up artists from the Theatre Department in order to chase down runners around campus.



Jordan Pelavin photo

Runners dart around campus to escape from zombies in the AMA sponsored Zombie Run.

**Holloway Hall: the history and change**

BY JUSTIN MCCLURE

Staff Writer

Salisbury University, once called Maryland State Normal School, opened in 1925. A once two-year institution, the school trained aspiring educators to fill the teacher shortage in Maryland.

At that time there was no Fulton, the Teacher Education Technology Center, Henson, Perdue, or Devilbiss, the only building that stands as a glimpse into the advent of the university is none other than Holloway Hall.

Named after the first president, William J. Holloway, the building housed all academic and advisory processes. Since then, the hall has strayed away from academic activity and is now the site of many administrative organizations such as the Office of the President, Financial Aid, and the Registrar.

Within its walls Holloway houses two ornate venues, The Great Hall and the auditorium that seats over 700 people. This past summer, the auditorium underwent a full scale renovation including replacements and repairs to seating, flooring, walls, ceilings, lighting and audio visual systems.

Equipment rigging was replaced around the stage, a state-of-the-art lighting and sound control system was installed, along with a new screen and HD projector.

"The auditorium is one of the only venues of its kind in the area" said Event Technical Services Coordinator Matt Hill. "The technical capabilities of the renovated auditorium permit the university to expand the variety of shows that can be brought to campus, such as the upcoming performances by The United States Marine Band and Revolution."

With upgrades to Holloway Hall, Salisbury students look forward to other academic and athletic buildings to be erected and renovated. Fulton Hall is the complementing building to Holloway Hall, which serves as the liberal arts centerpiece. Other buildings include TETC where myriad subjects are taught, the Perdue School of Business and Henson and Devilbiss halls, along with Caruthers Hall which is to be renovated into the new academic commons.

Each building has its own role in the campus community providing students and faculty with an optimal learning environment.

"I do not feel that any other buildings currently need renovations, but I think Salisbury could use another building like Sea Gull Square" said sophomore Jacob Meseke.

Amongst the student body there are vast and varying opinions pertaining to the academic buildings and their structural state. Unlike Meseke, sophomore Kyle Bosserman said he thinks that Fulton, Devilbiss, and Maggs should be the focus of SU's next project.

"Maggs Gymnasium could use some upgrades, the building is just too small for the growing population of the university" Bosserman said. "Devilbiss and Fulton could be upgraded as well, the two buildings are both old and the chairs in them are too small for school activities."

According to Eric Berkheimer, associate vice president of facilities & capital management, the university monitors its campus facilities and makes renovations if funds and scheduling permit. If these factors are present the university still needs to receive prior approval from the Chancellor, Board of Regents and the Board of Public Works.

Future projects aim to renovate the lobby area and foyer of Holloway Hall, build a new library in place of Caruthers Hall and add new athletic facilities to the stadium set to be completed in 2014.

**CARUTHERS**

Continued from PAGE 1



ARCHITECT'S DRAWING OF DEMONSTRATION SCHOOL

they then built Caruthers Hall. And because of the growing population and popularity of the school, they called it a demonstration school and that's what Caruthers was," Ranzan said.

"It was my elementary school from 1955-1962 and I have a lot of wonderful memories," said Jane Burt. "When I was in third grade, we were learning how to head letters and we had to write State Teachers College Campus Elementary School which took a lot of space. We had a wonderful playground and spent time looking at snowflakes with magnifying glasses. I had good teachers and remember most of them. There was only one class in each grade."

The demonstration school located in Caruthers Hall goes up to approximately 1967, when the Maryland governor at the time started to try and balance the budget. "Governor Spiro Agnew kept questioning why all of these Maryland colleges were spending so much money to have an elementary school. In addition to Salisbury having one, Towson and Frostburg both had campus elementary schools as well," said Ranzan.

Many important people on campus fought the state to keep the elementary school open, but also as an employee in later years. "When I was older, the most important person would have to be the dean that retired, Dennis Patacik, he was my dean and he was my boss for 10-15 years and a very good friend. He was a great influence," said Clark. In 1979, the university opened up the expansion to help make the building look not so much like an elementary school and make it into SU's education department.

Clark was not only influenced during her time there as an elementary school student, but also as an employee in later years.

"When I was older, the most important person would have to be the dean that retired, Dennis Patacik, he was my dean and he was my boss for 10-15 years and a very good friend. He was a great influence," said Clark. In 1979, the university opened up the expansion to help make the building look not so much like an elementary school and make it into SU's education department.

Caruthers Hall has had a lot of uses throughout the years. After the Campus Elementary School was closed, it served the education department until the opening of the Teacher Education and Technology Building in 2006. After that it served the business department until Perdue Building was finally

BY JORDAN PELAVIN  
Staff Writer

Facepaint and fake blood were used to create some scary zombies who were ready to chase runners around a two-mile course on Salisbury University's campus.

Would you be able to survive if you were being chased by zombies? Participants in the Zombie run on Friday evening had a chance to find out.

Around 20 participants chose if they wanted to do makeup and take on the role of a zombie-chasing runner, or as a runner attempting to outrun the zombies. Each runner started the event with three "lives," symbolized by strips of tape on their backs, and the zombies would attempt to remove these strips to claim the runner's lives.

The runner who completed the course the fastest with lives left and the zombie who claimed the most lives were both awarded prizes.

Although registration for the event wasn't as high as it was in years past, participants agreed that the event went well.

The race was planned and run by students from AMA- the American Marketing Association. Members of the club lined the course to help participants along, and handed out snacks to finishers.

The zombie face paint was completed by two students from the theatre department, Victoria Finley and Dayton Young.

"This is really fun for me" said Finley, as she painted scars and blood on the faces of the participants who had chosen to become zombies.

Finley and Young both study costume makeup, and found the zombie painting to be a fun way to participate in the event.

Deb Silver, Stephanie Mertz and Monica Frost spent the time before the race debating zombie names.

"I don't think I'd really need a zombie name," said Mertz. "Can zombies talk? I don't think I'd be able to tell anyone!"

Silver and Mertz are both members of AMA, and were in attendance to help out with the planning, and Frost was one of the runners who completed the course.

The winning runner was Wilson Illerena who survived with all of his lives intact, and for winning the race he received a gift card.

The event took place outside of Sea Gull Square and looped all throughout campus. Most of the fastest runners were able to complete the full two miles in less than 20 minutes.

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# EDITORIAL

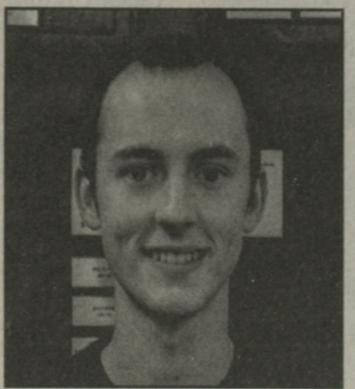
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October 29, 2013

## Overheard: What was the most memorable Halloween costume you've ever worn?



"A Lax Bro"  
-Rex Siers, freshman



"Waldo"  
-John Thomas, junior



"A mermaid"  
-Logan Grant, freshman



"A Giant Breathalyzer"  
-Matt Jones, freshman



"Catwoman."  
-Saidat Sola-Rufai, junior

## The Flyer

Salisbury University's Student Voice  
Phone: 410-543-6191  
Fax: 410-677-5359  
Text: 646-535-NEWS (6397)  
@SUFLYER  
www.theflyer.com  
Salisbury University  
Salisbury, MD 21801

Pete Hicks  
Editor-in-Chief  
ph23698@julius.salisbury.edu

Jeremy Cox  
Adviser  
JGCOX@salisbury.edu

Shannon Soderberg  
Advertising Manager  
ss75632@julius.salisbury.edu  
suyflyers@gmail.com

Lindsey Swink  
Graphic Design  
ls60391@julius.salisbury.edu

Ely Rowe  
Copy Editor  
cr74186@julius.salisbury.edu

Erin Taylor  
Layout Editor  
ct31140@julius.salisbury.edu

Jacob Troxell  
News Editor  
jtroxell1@julius.salisbury.edu

Amanda Biederman  
Gull Life Editor  
ab24064@julius.salisbury.edu

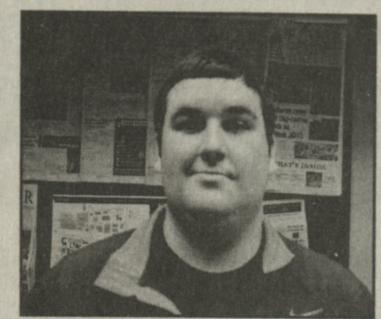
Steven Cennane  
Editorial Editor  
sc49200@julius.salisbury.edu

Amy McFarland  
Sports Editor  
am76071@julius.salisbury.edu

Terrance Payne  
Photography Editor  
tpayne1@julius.salisbury.edu

Ashley Van-Veen  
Web Content Editor  
av76846@julius.salisbury.edu

## Primetime Perspective



BY MITCHELL NORTHAM  
Staff Writer

Orioles fans: let's put an end to the "Oh!" in the National Anthem.

The World Series is in full swing with the Boston Red Sox and the St. Louis Cardinals heading into game six. My beloved Baltimore Orioles aren't in the World Series; they missed the playoffs this year after coming up short to pass the Sox and Tampa Bay Rays in the tough AL East. But the other day I thought of the Orioles, and how ignorant I might look as a fan of them.

My brother, a Red Sox fan, pointed out during the beginning of game one saying, "Notice how nobody screamed 'Oh!' during the National Anthem?" This is something many Orioles' fans seem to have forgotten how to do.

I don't know where the tradition started, and I really couldn't care less to know, but shouting "Oh!" during the National Anthem to let the people around you know that you're an Orioles fan is probably one of the dumbest and most disrespectful "sports traditions" there is.

Even as an Orioles fan, I had to admit he was right. As much as I love my O's, I hate the fact that some of my fellow fans think they are entitled to yelling during the National Anthem just because it was written in Baltimore. To be honest, it was nice to hear the Anthem without the loud "Oh!" from obnoxious fans for once. It's amazing to me that some fans can't quiet for (at the most) two minutes prior to a sporting event.

My Dad served in the United States Navy for twenty years, retiring as a Senior Chief. My mom, step-father, step-mother and many other members of my family also served in the military and one thing that I was taught at a very early age is to honor and respect the people that fought and died for this country.

One of the easiest ways to do that is to stand, remove your hat, and be quiet during our Nation's Anthem. This is something many Orioles' fans seem to have forgotten how to do.

Some Orioles fans defend the act by saying things like: "Francis Scott Key wrote the Anthem in Baltimore! We own the Anthem! It's ours!" We sing "Oh!" the way we say Hon, it's what makes Baltimore great!

No Hon, you're wrong. Yes, Francis Scott Key wrote the Star Spangled Banner when he saw our flag raised at Fort McHenry in Baltimore during the War of 1812. Did we sing "Oh!" during the National Anthem? No. When he wrote the lyrics did he put arrow pointing towards "Oh," says that star spangled banner yet wise, to say "Hey,"

## Rape tweet was wrong in so many ways

BY JORDAN PELAVIN  
Staff Writer

I don't remember the first time I heard the word "rape," but I sure remember the first time I heard it in my freshman year of college. The word has since taken on a whole new meaning. I flinched every time someone said they "raped that test" or that the cost of parking was "like being raped."

That test didn't change who you are as a person. The cost of parking didn't take away your sense of power, your feeling of safety or make you want to hide in your room and cry. The test or the cost of parking were things you simply didn't like, but are trivial when compared with a systematic and continuous sense of self-deprecating.

Since I spend a lot of time writing about Salisbury University for the Flyer, I try to keep my finger on the pulse of the campus. One of the ways that I do that is by reading many of the student-created Twitter accounts.

One of those accounts, @dirtyburyconfessions posted a tweet on the evening of Oct. 24 that read, "I heard a lot of girls in UO are getting raped and I'm like where are these guys? I will gladly give it up to them."

This tweet made me feel sick. The casualness, the approval of rape and the idea that this is something that the writer is looking for all made me upset.

Let's make something clear. Rape is not about sex. Rape is about power. Rape is about treating a person as less than a human being. Rape is about ignoring consent.

According to the Rape, Abuse and Incest National Network, one of the

## "Real Food Challenge" to come to SU

BY MADELINE KELSEY  
Staff Writer

Members of the Environmental Students Association are helping Salisbury University complete the Real Food Challenge in the hopes of raising student awareness of sustainable food systems and fueling the local economy.

The Real Food Challenge, a network of students and food activists, assists colleges across the country in buying more locally and sustainably grown food to serve in the dining halls.

SU is working to complete the challenge by ensuring that 20 percent of the foods served in The Commons are produced locally.

"I'm pleased to see that students today are a lot more aware of what they put in their mouth," said Anthony Cerulli, associate director of dining services.

Cerulli has agreed to help ESA in completing the Real Food Challenge. ESA president Lasette Sewell said that one of the most important outcomes of this project will be student awareness of the benefits of eating locally grown food.

"People want to participate in living sustainably, and to actively participate you have to be aware," Sewell said.

Over the past several decades, the increase in transportation of goods by truck has been a major contributor to the United States fossil fuel consumption.

In the United States, the average piece of fruit travels 2,146 miles

before reaching the consumer, according to a study by the Leopold Center for Sustainable Agriculture.

Part of the reason food travels such far distances is the rise of industrial farms.

According to the USDA Census of Agriculture, 60 percent of the nation's produce is grown on 3 percent of the farms.

This monopoly of large companies has led to a decline in localized farming businesses and as a result the local economy in these areas suffers.

Sysco, SU current food provider, has 193 locations across the globe and has made \$44 billion in sales for the 2013 fiscal year. Sysco considers local food to be that grown within 300 miles of the consumer.

The Real Food Challenge is working to shift \$1 billion in existing school budgets toward food sources that are local and ecologically sound and away from corporate farms.

"I don't see why people wouldn't want more locally grown food available," said sophomore Kylie Watson. "Especially when it benefits everyone."

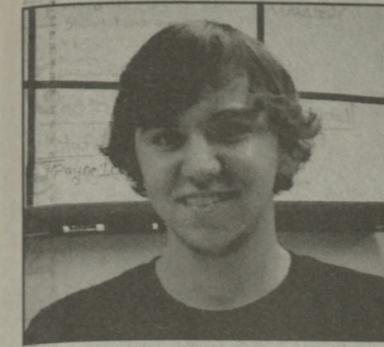
There are still several challenges that must be overcome before ESA's efforts show results. Like many other colleges across the country SU is struggling to find ways to provide local produce during the winter off-season.

"We live in an environment that frosts and freezes," Cerulli said. "Unfortunately the school season is not an ideal time for growing locally."

## THE FLYER

## EDITORIAL

## Gansler party story shows media bias in 2014 governor's race



BY STEVEN CENNANE  
Editorial Editor

The media has demanded that instead of focusing on the real policy issues at the center of Maryland's very important 2014 gubernatorial election, you should focus on the more tabloid-friendly stories of the race, like the story of the candidate who didn't break up a party that did no harm to anyone.

If it was not already blatantly obvious that the Maryland media outlets are in cahoots with Anthony Brown, Gansler's primary opponent, the incessant coverage of this should confirm it. Why is this story being reported on now and not when it first happened? Something is fishy.

The Brown campaign cannot find any accomplishments that Brown can run on, so instead it must depend on shameless mud-slinging.

A more important story would be the disastrous rollout of the Maryland health exchanges, which Anthony Brown was in charge of.

Unlike a party that happened five months ago, the story of Brown's inability to successfully launch Maryland's health exchanges affects thousands of people all over the state.

But the media, which swoons over Anthony Brown, does not want you to know that. Instead, you need to be enraged about a most story that happened months ago.

This story is something people will talk about for two days then forget about because in Maryland, we are smart enough to know what beach week is.

Thousands of parents in the region send their newly minted high school grads to beach week every summer. Those parents have told their kids all their lives to obey the law and send them to beach week knowing damn well that they are probably going to engage in some underage drinking.

Gansler did not stop the Delaware party to check up on his son, something most parents do not do in person when they send their kids to beach week.

It is safe to say that there was alcohol at the party, as illustrated by the snapshot of the night being rife with red solo cups.

The media has determined for us that Gansler, who is the attorney general of Maryland, not Delaware, had the obligation to be the parent to other people's children and do everything in his power to stop the party. Both states have laws banning drinking under the age of 21. However, neither state has laws saying that if you witness underage drinking you have an obligation to report it to the police. Therefore, Gansler was not breaking any laws, but the media wants you to think he did.

Gansler did not do anything to break up the party. However, I do not see what the problem is here. If nobody or no property was getting harmed at the party than I do not see why Gansler has a responsibility to call the police, who have much bigger problems to deal with than interfering with a bunch of recent

people making mistakes, but when the media focuses on these kinds of stories instead of real policy issues, it ends up looking more like celebrity gossip than political news.

## Our View

### Does the word "thug" have racial overtones?

In the same sense of power as actions have, words maintain similar authority on defining identity, scenario and circumstance. They fundamentally shape how people view one thing to the next.

Some words mistakenly develop into identities that turn into misconceptions with the help of media bias and perpetuated stereotypes. The media chooses which words to censor and which words to use as descriptions for the parties involved in news coverage.

Unfortunately, those decisions influence the nation as the media's audience. When a criminal action is broadcasted for public attention, the suspect involved is given a name.

Often that name is "thug," with it coming the connotation of an aggressive individual up to no good.

Who in the media is supposedly most often portrayed as associated with crime and negativity?

Minorities and young African-American men tend to bear the brunt of this stereotype. It is no

accident that when the word thug is uttered, young black men are the immediate target by association.

Last week, at the "Our Media Our Voice" event, hosted by Salisbury University's Society of Professional Journalists, sports journalist and University of Maryland professor Kevin Blackstone said that the media's illustration of a "thug" is always the same.

"When someone is classified as a thug, it is always an African-American male," Blackstone said. "When the news talks about a white person who is up to no good, the word 'thug' is never used as a label."

Blackstone used Wikipedia as an example of how the perceptions of race affect how the public views certain figures. He said that African-American athletes who make mistakes off the field are remembered more for their mistakes than their accomplishments more so than white athletes who make similar mistakes. For example, Texas A&M quarterback Johnny Manziel's

## Letter to the Editor

BY RENEE SUTTERS  
Community member

Prevention indicates that more than one out of every 10 school-aged child has received a medical diagnosis of attention deficit hyperactivity disorder. That is a 41 percent increase in the past decade, and that's why I'm so interested in trying to find simple solutions that will help make our families healthier.

I recently read that M&Ms candies contain harmful, petroleum-based artificial dyes that can trigger hyperactivity in sensitive children.

I'm a mom to two kids, and we like having some sweets around the house like most people do. Several years ago my son Trenton (now nine years old) was having some behavioral problems. He was having trouble in school, at hockey practice and at home with tasks as basic as falling asleep. He'd often have nightmares, and the slightest disappointment would set him off.

As I did some research, I found out that parents all across the country have been struggling with similar hyperactivity issues. I also found out that many families were using an "elimination diet" to isolate and remove harmful ingredients -- particularly artificial dyes. By removing dyes like those found in M&Ms, they were able to delay, reduce and sometimes eliminate the need for medication.

Some of the latest info from the Centers for Disease Control and Prevention indicates that M&Ms used to be one of Trenton's favorite candies, but we've found products in the United States like SunDrops, Yummy Gummies and Unreal that don't use these dyes. And they taste great. I don't believe anyone should be eating cheap, harmful, unnecessary dyes when safer alternatives exist and already are used in M&Ms in Europe.

M&Ms used to be one of Trenton's favorite candies, but we've found products in the United States like SunDrops, Yummy Gummies and Unreal that don't use these dyes. And they taste great. I don't believe anyone should be eating cheap, harmful, unnecessary dyes when safer alternatives exist and already are used in M&Ms in Europe.



## Students chug yogurt, save lives

BY SAMANTHA BABO  
Staff Writer

Red Square isn't usually covered in yogurt, but students gulped as many yogurts as they could for the "Save Lids to Save Lives" collection by Yoplait Friday.

A crowd of about 50 students gathered to watch a 60-second yogurt-eating contest between 20 participating students, who collected a total of 40 lids in Red Square. Salisbury University's Zeta Tau Alpha Foundation hosted the event because for every pink yogurt lid saved, Yoplait will donate 10 cents to the Susan G. Komen for the Cure Foundation and five cents to the ZTA Foundation.

The contest may have only earned \$4 total, but SU ZTA President Heather Giovenco said the event also helped spread awareness about the event and their goal.

The national organization's ultimate goal is to collect 400,000 pink Yoplait lids total with the help of all ZTA chapters across the country.

"Everything we do goes toward a cause, so

we do everything with full passion," Giovenco said.

General Mills donated the yogurt for this contest in order to raise awareness for the SU fundraiser.

"This contest was definitely worth the time and money because we know everything is being donated to the right cause," Giovenco said.

Giovenco said she looks forward to October every year so her sorority can participate in events to raise money for Breast Cancer Awareness. In the past ZTA has participated in several cupcake-eating contests, but this was the first yogurt-eating contest at SU.

"We look forward to all the support from our campus community because we are passionate to find a cure and we love to pass that enthusiasm on to others," Giovenco said.

SU's ZTA chapter is collecting lids at all satellite dining locations up until Dec. 10. They are also holding their annual Mr. Zeta pageant, and the contestant who brings the most lids gets 50 extra points added to his total score, which will bring ZTA closer to

raising their goal of \$20,000 nationally.

"Think Pink" is the sorority's national foundation which promotes breast cancer education and awareness nationwide. ZTA is spreading awareness at SU by distributing Think Pink ribbons, shower cards and promoting breast self-examination with calendar stickers.

Brooke Stoop, a member of the SU ZTA philanthropy, supported participants in the yogurt-eating contest. She cheered on all the contestants while holding the garbage can nearby as they slurped as many yogurts as possible.

"I expected my contestant to eat more than half of a yogurt," Stoop said. "But it was still successful for our first time and everyone enjoyed it."

ZTA has participated in three events in the past weekend including the yogurt-eating contest, making strides for Breast Cancer Awareness in Ocean City and the Redskins NFL pink-out game.

"This is definitely our most active month, but it is rewarding and extremely fun to have

so many things to do with your sisters," Stoop said.

SU student PJ Chin won the contest by eating 10 yogurts in 60 seconds. Chin also won a few gift cards for participating, but was happy to help raise money for a great cause while having fun.

"I have competed and won in a soda chug before so it felt good to win this yogurt-eating contest," Chin said. "I am happy I was able to help ZTA raise money for a cause. I live for these things."

Taylor Langley, who has been a member of ZTA for almost a year, said she loves volunteering and helping raise money for her philanthropy and breast cancer foundations.

"October is a crazy month for ZTA because it is Breast Cancer Awareness month, but it is rewarding knowing that it all goes to help such a great cause," Langley said.

ZTA plans on making the yogurt-eating contest an annual event every October. They will also be holding a breast cancer education and awareness event with SU athletics.



Samantha Babo photo

Participants had 60 seconds to chug as much Yoplait yogurt as they could last week.

## Zeta's Best Catch

Salisbury University's finest men compete to raise money for breast cancer

BY RACHEL TAYLOR  
Staff Writer

On Wednesday night Zeta Tau Alpha crowned a new Mr. Zeta.

Students filled the auditorium in Holloway Hall to support the contestants, but also raise money and awareness about breast cancer.

The Think Pink Foundation supports and raises awareness about breast cancer, the philanthropy affiliated with ZTA.

ZTA's own Taylor Linker & Emma Klotz kept the crowd entertained while hosting the event. In the first round of the competition, the boys showed off a wide range of talent. During the pageant, 14 contestants competed in various categories trying to earn the judges votes.

The talent portion began with John Litz who kicked off this round by singing a version of "Cruise" by Florida Georgia Line dedicated to the sisters of ZTA.

Orrin Webb channelled his inner Bruno Mars with a rendition of "Treasure," making every girl in the crowd swoon.

Sean Barnes showed off his vocal talents by performing "I'm Yours" by Jason Mraz.

Daniel "Shaggy" Bell, Marcel Stewart, and Dan Feeney showed off their dance moves. Nick Sutton transformed into the Grinch with a theatrical impression of Jim Carrey's version of the Grinch. Yoda, Batman, Patrick

Star, and Forest Gump were brought to life by John Palais' voice during his performance, dedicated to his mom who is battling breast cancer for a second time.

Ben Gugel, Alfonso Hernandez, and Justin Corbit showed off their musical talent by playing the trombone, bongos, and guitar.

Ricky Crum showed his sporty and patriotic side when he juggled a soccer ball while the national anthem was playing. And finally Ben Boring and Kyle Cloonan made the audience laugh with their stand-up comedy routines.

The Squakapellas made an appearance while the judges tallied their votes for the first round of cuts.

The remaining 10 contestants showed off their knowledge of breast cancer while wearing their most creative pink outfits during Think Pink Attire. All ten answered the questions correctly.

Cheryl Hughes, a breast cancer survivor from Cambridge, shared her personal story about breast cancer and the importance of early detection.

"We are very proud of our sisters. They worked very hard to make Mr. Zeta an event that left the audience knowing why we do what we do to raise money and awareness for breast cancer."

- ZTA President Heather Giovenco

The final cuts were made and the finalists were brought back on stage to answer questions about their romantic lives.

Orrin Webb described what would be his date while using a British accent. John Palais revealed that his celebrity crush is Scarlet Johanson saying "she was amazing as

black widow and really revs my engine."

The Untouchables put on a show while the judges tallied up the votes to see who would become Zeta's Best Catch.

The remaining six contestants took the stage where John Palais was named first runner up and Nick Sutton was crowned 2013's Zeta's Best Catch.

"The new Mr. Zeta is our "sweetheart" for the year he can go to our formals and is a judge for our next Mr. Zeta event," Giovenco said.

This year the annual event, which began about 10 years ago, rose over \$2,000 dollars for the Think Pink Foundation.

"We are very proud of our sisters they worked very hard to make Mr. Zeta an event that left the audience knowing why we do what we do to raise money and awareness for breast cancer," Giovenco said.

There are various ways to support the sisters of Zeta in their effort to fight breast cancer. Green long-sleeved Zeta's Best Catch t-shirts are available for purchase for \$20. Also Yoplait will directly give Think Pink 15 cents for each lid collected.

"It is our passion and our goal to find a cure and make sure that one day Pink is just a color," Giovenco said.

## Food For The Broke

BY AMANDA BIEDERMAN  
Gull Life Editor

"Eww! These look gross."  
"How exactly did you guys make these again?"

That was basically the response we got after my friend Mary and I decided to try baking one afternoon. We had found an online recipe for cake balls, and decided to give them a try. The result was something that I thought looked like doughnut holes but tasted like sweetened Matzah balls. Once we convinced our friends to actually try them, they reluctantly admitted that they were delicious.

The moral of the story? Don't judge a homemade pastry by its cover.

But one reason why I continue to love cake balls is because they are incredibly therapeutic to make. To me, it feels like playing with Play-Dough. Basically, you bake a cake, tear it apart and add frosting. I'll never forget when my friend and I were tearing apart our cake. Her dad walked in and horrified, he exclaimed, "What are you doing?"

Seriously though: Cake balls are something you have to try at least once.

### Cake Balls

Servings: 24

Total Cost: \$6.50

Cook/Prep Time: 1 hour

Ingredients: 1 box yellow cake mix (and whatever it calls for: probably 2 eggs and vegetable oil), 1 container vanilla frosting

### Directions:

- Preheat oven to 300 degrees.
- Combine cake mix and ingredients in a mixing bowl, pour into a cake pan.
- Bake for 35 minutes (or until a toothpick comes out clean).
- Let cool.
- This is the best part: Use your hands to break up the cake. Basically, completely destroy it.
- Add the frosting and use your hands to knead it into the cake.
- Roll into cake balls.

Don't be afraid to get creative — add sprinkles, different flavors or coat the outside more frosting, or even add lollipop sticks to make cake pops. Also, they taste best if you've refrigerated them first.



Amanda Biederman photo

Cake balls always turn out delicious, no matter what.

### Halloween Dos and Dont's



Kara Kinnaman photo  
Senior Alyssa Molina takes a creative yet classic approach to Halloween with her dia de los muertos sugar skull costume.

BY KARA KINNAMON  
Fashion Columnist

Halloween is just a few days away, and most of you have probably had your costumes picked out since the end of last Halloween or at least since school started.

However, if you are anything like me then you have probably waited until about now to choose what you are going to wear. Even if you already know what you are going to be, it is still beneficial to know some of the dos and don'ts of Halloween costumes.

Do take advantage of the holiday. If you can't come up with something, just think about whatever or whomever you wish you were if you weren't you (say that 10 times fast). For example, my boyfriend and I said we wish we went to Hogwarts. And just like that, our costume was conceived.

Don't be cliché. It is allowed as a backup plan, but try and be creative. You can always put a creative spin on a cliché as well. Pinterest and Google are the best ways to come up with ideas rather than just going to Party City and purchasing whatever they have left. Chances are, you'll be stuck with a sexy kitten or witch costume.

Do make your own costume. Purchased costumes are fine, but it's more fun and cheaper to make your own. This doesn't necessarily mean that you need to break out your sewing needles, but use things you have already. Using your own clothes and buying a few accessories to help your costume come alive can be very effective and inexpensive.

Don't be too controversial. Pushing the envelope to

a certain point can be funny and provoke interest in your costume, but being too controversial on Halloween isn't a great way to secure a fun night. It is best to stay away from public figures that have died recently and those involved in a current scandal. However, it is up to your own judgment to decide what is and isn't acceptable. Some of these exceptions are quite hilarious.

Do be weather appropriate. At the moment, Weather Channel is predicting lows around 50 degrees. That means don't wear a bikini and call it a costume. Now of course you can, and people will, but it's not advisable. Not only does it look ridiculous, but you can get sick. Halloween has always been known as the holiday that excuses promiscuity, but maybe add a couple of layers. You can still be sexy and warm; trust me, it is possible. You will definitely be more comfortable. Also keep in mind where you are going and how you are going to get there. Waiting in a line outside or having to walk means you need to layer. If you are throwing a party in your own house then hey, turn up the heat and wear whatever costume you want.

Do revert to the classics. Zombies are obviously a 'viral' trend. Any character can be made into a zombie version with some makeup skills. It's oddly refreshing to see people choose costumes that are scary or classic to the origin of Halloween.

Most of all, do have a good time. Halloween only comes once a year and it always seems like it could have been better. So really go for the costume you want, make sure you are warm and comfortable, and be responsible.

## Phi Eta Sigma's Local Scholarship Application Is Now Available

The Provost's Office is now accepting Phi Eta Sigma's local Scholarship Application for 2013. In order to apply for the scholarship, the applicant must be a member of Phi Eta Sigma. The Scholarship Application may be picked up from the Provost's Office in Holloway Hall, Room 238 anytime between 8:30 a.m. to 4:30 p.m., Monday through Friday or download the application from our Web site at [http://orgs.salisbury.edu/pes/Scholarships/Local\\_Scholarship.htm](http://orgs.salisbury.edu/pes/Scholarships/Local_Scholarship.htm). The Provost's Office must receive all completed applications on or before November 12, 2013. An incomplete application will be returned to the applicant. If you have any questions, please email Priscilla Davis at [pj.davis@salisbury.edu](mailto:pj.davis@salisbury.edu).

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\*Some exclusions apply. See store for details.

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# SPORTS

Volume 43, Issue 9

October 29, 2013

## Athlete's Health

Warming up and cooling down

BY ASHLEY MARTIN  
Staff Writer

At Salisbury University, keeping athletes healthy is important, and a vital part of maintaining this health is warming up before and cooling down after physical exercise.

Cross Country and track and field Head Coach Jim Jones said warming up helps to keep blood, oxygen and nutrients flowing to key body areas.

"It also warms the muscles that you will be using to perform the workout at maximum effort," Jones said.

SU football Head Coach Sherman Wood said those who warm up on a consistent basis already have an advantage on their opponent. Warming up could consist of anything from stretching to jogging. It allows the athlete's muscles to loosen before a game or exercise, which helps to prevent possible injuries.

"[When an athlete doesn't do a cool down], they are placing themselves in a position to receive a serious or season/career ending injury."

- SU football Head Coach Sherman Wood

"When I do not warm up properly I can always tell because I am not as quick and reactant because my muscles and heart-rate were not properly prepared," said Casey Arnone, sophomore midfielder on the SU women's soccer team.

Cooling down is just as essential. Stretching is especially important to prevent stiffness and soreness.

Arnone said it helps the body to recover quickly from the lactic acid drain as a result of training.

"Cooling down allows blood, oxygen and nutrients to go to the area that has been used to help recover and heal from the stress placed upon it during the activity," Jones said.

Jones said when an athlete skips a cool down, it also affects his or her performance because the soreness prevents them from too much physical activity.

"[When an athlete doesn't do a cool down], they are placing themselves in a position to receive a serious or season/career ending injury," Wood said.

Men's and women's swimming Head Coach Jill Stephenson said cooling down also allows the athlete to relax after a challenging workout or competition. Whether it's an SU athlete or coach, they all can attribute a successful season to putting the health of athletes first.

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## Women's soccer dominates Marymount

BY DAVID CABRERA  
Staff Writer

With the end of its regular season rapidly approaching and the Capital Athletic Conference tournament starting next weekend, the Salisbury University women's soccer team came into Saturday's Senior Day match versus Marymount University (Va.) with hopes to continue its late season momentum.

With a one-sided 6-1 victory that was aided by underclassmen, Salisbury continued to push and now finds itself one game away from securing at least the No. 4 seat and hosting a home playoff game Saturday.

Christopher Newport University and York College (Pa.) are comfortably in first and second place in the conference, while St. Mary's University is two points ahead of the Sea Gulls for third.

Freshman midfielder Jayne Cunha had two goals, the first two of her career. Pinsky, sophomore forward Samantha Beck, sophomore forward Logan O'Meara and freshman forward Marissa Walker each had goals for the Gulls.

"This was a good game confidence-wise," Head Coach Kwame Lloyd said. "After not scoring for a while in a couple of games we just erupted in the first half (of the game)."

Before Wednesday's 1-0 home win against St. Mary's, the team failed to score in three straight games.

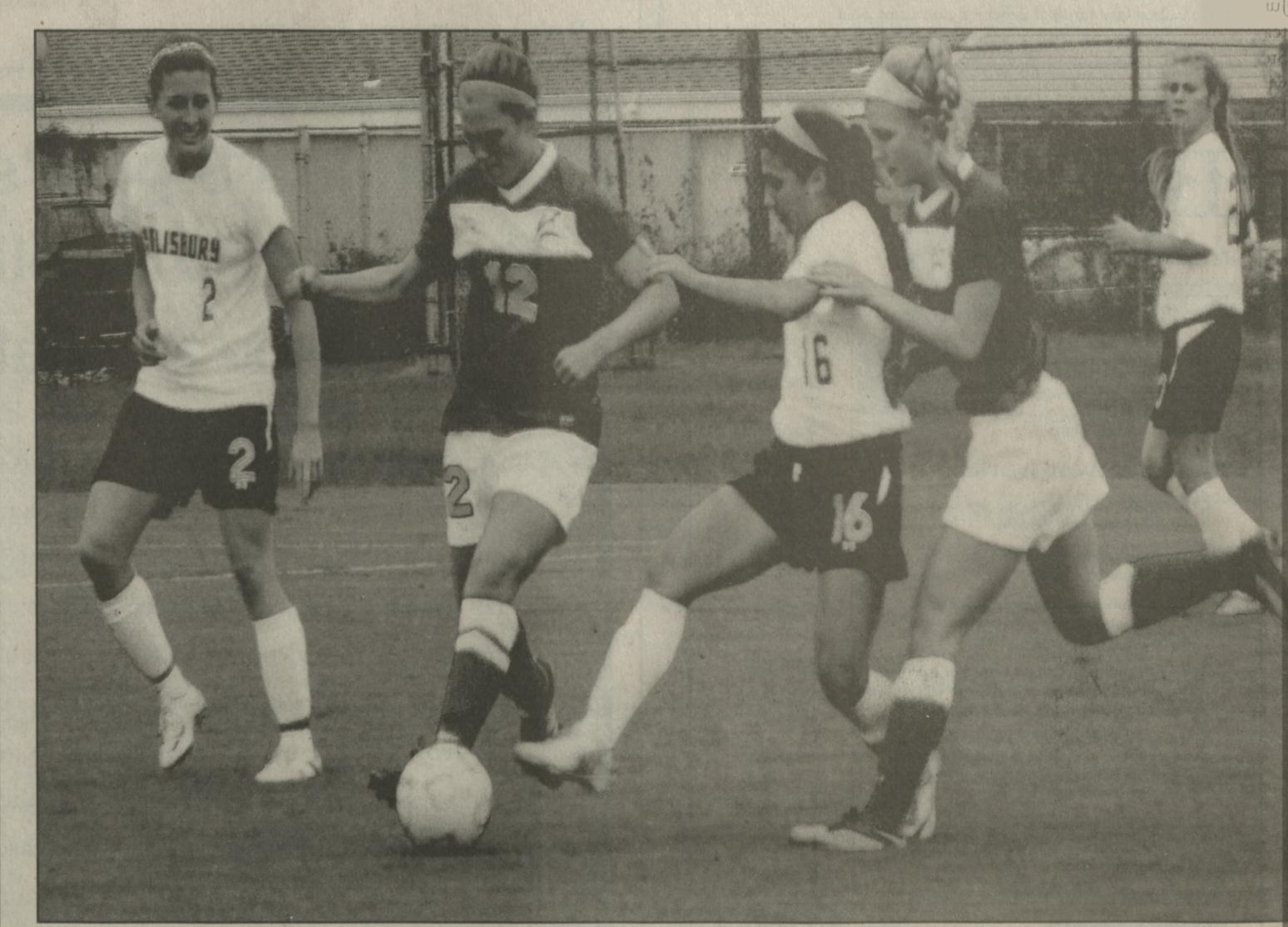
Two of those games, against Washington Lee and Frostburg St., ended in double overtime ties.

In Saturday's contest, the Gulls got their scoring opportunities early and often.

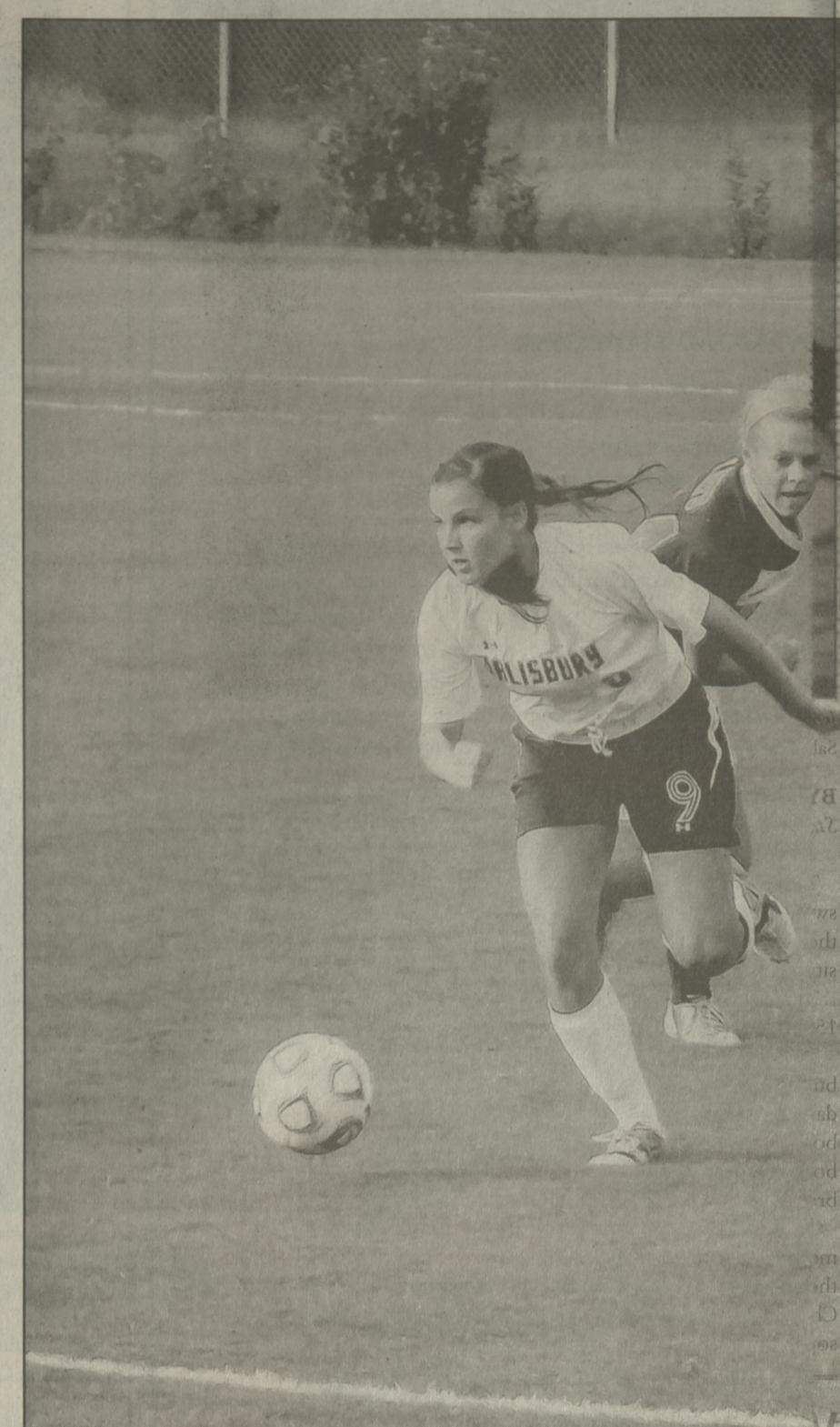
In the seventh minute, sophomore goalie Michelle Conrad got a chance at a free kick opportunity and saw the ball hit the crossbar before bouncing out of the box.

In the thirteenth minute, the Gulls would earn their first goal. On a free kick by Beck, the ball found its way into the box and onto the right foot of Pinsky for her first goal of the season.

10 minutes later, Beck got her second goal of the



Freshman forward Lindsey Andonian tries to break past a cluster of Saints players for an offensive play.



Redmond Howard photo  
Sophomore defender Jenna DeLetto looks for an open teammate to throw to.



Freshman forward Lindsey Andonian tries to break past a cluster of Saints players for an offensive play.

THE FLYER

SPORTS

## Swim team puts a win on the board; defeats Frostburg



Jordan Pelavin photo  
Salisbury's women's swim team dives into its first home meet and victory of the 2013 season.

BY MITCHELL NORTHAM  
Staff Writer

The Salisbury University men's and women's swimming team notched its first victory of the season when it defeated Frostburg University this past Saturday at home.

The men's team won with a score of 159-82 while the women won 135-113.

The meet got off to a great start for Salisbury as they won the first nine events of the day which included both 200m medley relays, both 800m freestyles, both 200m freestyles, both 50m backstrokes and the women's 50m breaststroke.

The first men's event of the day, (200m medley relay) put all three Sea Gull groups in the top three. Freshman Okan Eyyigor, senior Chris Franklin, freshman Travis Maida and sophomore Jake Blazer built a two-body

length lead after just fifty meters into the race and the team was able to cruise to a victory with a time of 1:54.98.

Salisbury's B team came in at second place in the event with a time of 2:02.26, and the C team finished third a few seconds later at 2:05.42.

The men would win their next three events, but come up short in the 50m breaststroke, finishing just 1.03 seconds behind a Frostburg swimmer. The men's team would bounce back however and win the meet by 77 points. Su's men's team record now stands at 1-1.

Senior James Gough was able to earn three first place finishes for the men, taking victories in the 50m backstroke, the 100m backstroke and in the final race of the day taking the victory in the 200-meter freestyle relay alongside Eyyigor, Franklin and freshman Scott Shirmer with a time of 1:41.50. Eyyigor and

Franklin also had three victories on the day as well.

Starting the day off for the women, freshman Victoria Radcliffe, sophomore Andria Moyer and the freshmen Maggie Deering and Layne Gable took the victory in the 200m medley relay with a time of 2:15.58, taking eleven points for the Sea Gulls. Deering would finish the day with three first-place finishes while Gable notched two.

The women's team would be the next four events as well and had all three swimmers finish in the top three of the 100m butterfly.

Sophomore Nicki Schult finished first with a time of 1:12.52, freshman Rachel Lisk finished second with a time of 1:15.40, and Claudia Guay finished third at 1:17.42; together earning 16 points for Salisbury.

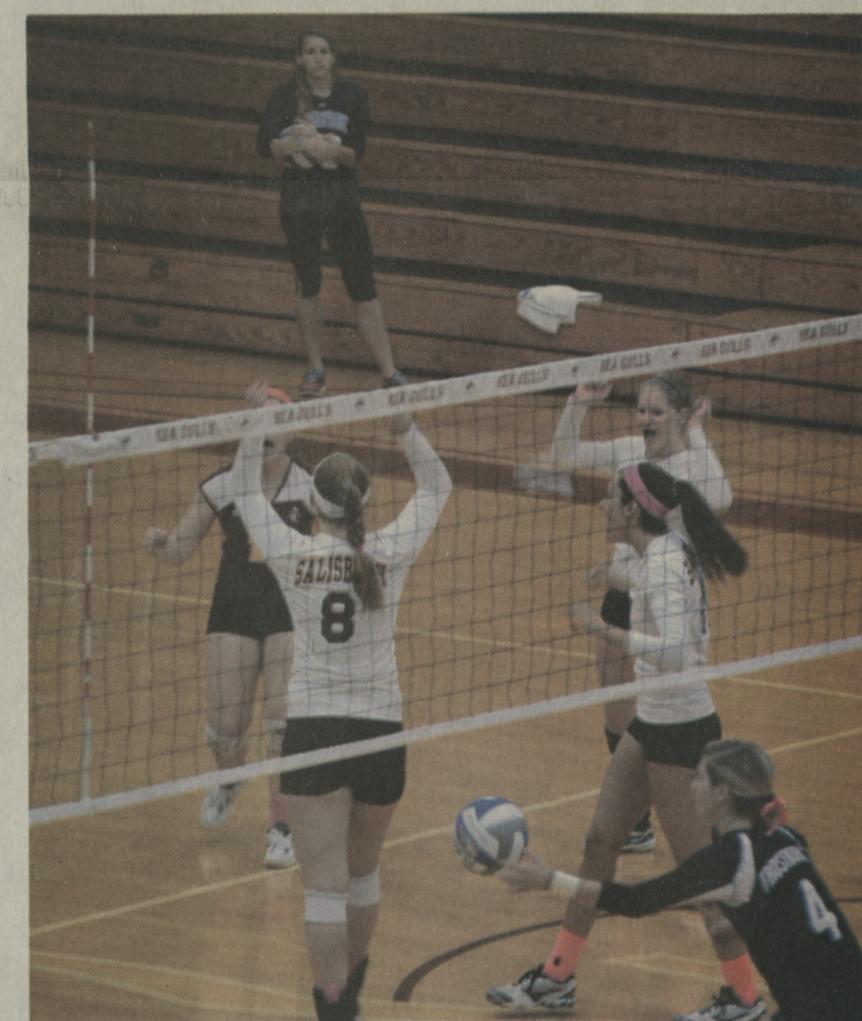
Lisk would also notch the first victory of her collegiate career after finishing first in the

50m backstroke with a time of 36.38.

After the strong lead the women built by winning their first five events they stumbled a bit, but were able to rebound in the end. They did that by taking the last race of the day, padding their lead by eleven points when Radcliffe, Moyer, Schult and junior Melissa Alessandri took first place in the 200m freestyle relay, with a time of 2:01.18.

With that, the women's team was able to get the victory over Frostburg by 22 points, improving their record to 1-1. Seven of the women earned first place victories, Moyer and Radcliffe both tallied four first-place finishes.

The swim team will host its second of three home meets this season Saturday when they take on Catholic University of America at 1 p.m.



Sam Sapp photo  
Junior outside hitter Julie Poston celebrates another SU victory with fellow Gulls.

## Volleyball shuts out Frostburg in Dig Pink match

BY ASHLEY MARTIN  
Staff Writer

Salisbury University's volleyball team had its sixth straight win after the "Dig Pink" match against Frostburg State University. The win also marked the team's third consecutive game without losing a set.

"It just shows that all our hard work at practices are paying off," freshman outside hitter Katie Stouffer said.

Frostburg took an early 5-2 lead before SU hit four straight kills to take over the scoreboard. With service aces and attacks from players like senior Tam Weems and junior Mattie Smith, the Lady Seagulls switched it up by reducing their hits to two and tipping the ball over the net.

Surprising their opponent with the change, SU took the lead to 23-21.

"We saw that they were picking up on our game a little so we sometimes tip the ball over to give them something they weren't expecting," Smith said.

The last two points came from another kill by Smith and a service ace by freshman Gina Fis-

a service error.

Even after being on the brink of eliminating Frostburg with a 2-0 lead, SU wanted to keep the momentum up and continue to play its hardest in the third set.

"We've been really working on playing one point like it's our last point," Head Coach Justin Turco said.

With just a few minutes into the final set, SU took an 8-2 lead after a couple FSU attacks and service errors. Halfway through the set, Weems set up an attack for Smith, which stretched the lead to 16-8. After FSU picked up their defense and returned a couple SU attacks, the Lady Seagulls switched it up by reducing their hits to two and tipping the ball over the net.

"We take each point, point by point instead of focusing on trying to win each set," Weems said.

The team dominated the next set as Weems scored 4 of the team's 13 kills. She led the team in hitting by averaging a .875.

Junior Kirby Buttry also led the team in her .857 hit average. Stouffer closed out the middle set with two back to back kills after FSU gave SU another point from

chetti.

The crowd stood to their feet, in their pink "Dig Pink" shirts, and congratulated the win-streaked team. After two team photos, it was announced that the team raised around \$1,800 for their breast cancer fundraiser.

The saying on the back of the event t-shirts read "United we play, united we fight."

"In volleyball, you need each other. Pass, set, block, everything," Stouffer said. "The same thing for breast cancer, we all need to come together to raise money for the cause. United we play, united we fight."

After Saturday's game, the team has a three-day rest before their game at Wesley College on Wednesday.

"Actually they have a one day rest (on Sunday)," Coach Turco said. "We'll back at it in the gym on Monday and Tuesday."

The 25-4 team is now 5-1 in their conference and plans to keep the win streak going. Smith said they come to play hard no matter the score and opponent.

BY AMY MCFARLAND  
Sports Editor

Year: Freshman

Position: Forward

Hometown: Odenton, Md. (originally from Suwon, South Korea)

Major/minor: Exercise Science/Coaching

Began playing field hockey at age: 13

Why she chose Salisbury: She liked the coaching staff, programs and campus.

Thoughts on her performance: "When I first started the season I was kind of nervous, because I didn't know anybody, and then once you get close to (the other players)

## Athlete Spotlight: Yumi Kim



SU Athletics Photo

Yumi Kim

# HALLOWEEN EXTRAVAGANZA!



**The Monkey Barrel**



Lunch • Pub • Dinner

**WED OCT. 30TH**

\*\*\*REMEMBER, HALLOWEEN STARTS AT MIDNIGHT!!!  
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\$8 BARRELS WITH DJ VYBE. NO COVER.

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DEW SHOTS. DJ COWBOY.

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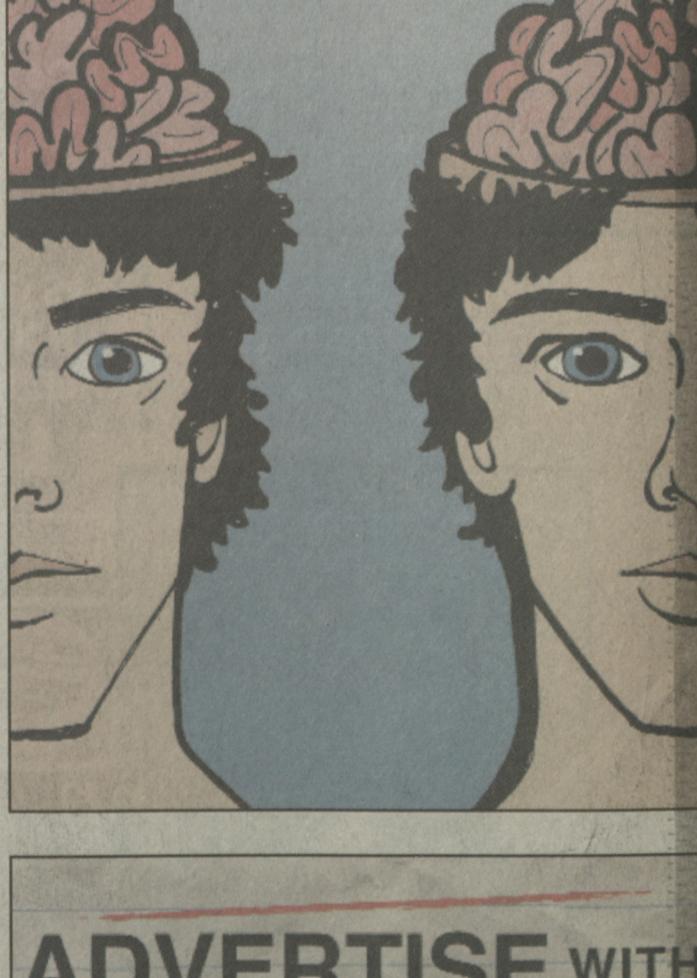


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